

# 2025 Key Financial Numbers That You Need to Know

(discard after 12/31/25)

Limits on retirement plan elective deferrals and IRA contributions					
Plan		Under age 50	Age 50 and older		
401(k), 403(b), 457(b), TSP <sup>1</sup>		\$23,500 (\$23,000 for 2024)	\$31,000, or \$34,750 for workers age 60 to 63 <sup>2</sup> (\$30,500 for all workers over age 50 in 2024)		
Traditional and Roth IRAs		\$7,000 (\$7,000 for 2024)	\$8,000 (\$8,000 for 2024)		
SIMPLE IRA and SIMPLE 401(k)		\$16,500 (\$16,000 for 2024)	\$20,000, or \$21,750 for workers age 60 to 63 (\$19,500 for all workers over age 50 in 2024)		
Income limits for Roth IRA contributions <sup>3</sup>					
Filing status		Eligibility			
Single or Head of Household		Phased out: \$150,000–\$165,000 <sup>5</sup> (\$146,000–\$161,000 for 2024)			
Married Filing Jointly or Qualifying Widow(er) <sup>4</sup>		Phased out: \$236,000–\$246,000 <sup>5</sup> (\$230,000–\$240,000 for 2024)			
Income limits (MAGI) for Traditional IRA deductibility <sup>6</sup>					
	Status	Deductibility			
Single or Head of Household	Not eligible to participate in an employer retirement plan	Full			
	Eligible to participate in an employer retirement plan	Phased out: \$79,000–\$89,000 (\$77,000–\$87,000 for 2024)			
Married Filing Jointly <sup>7</sup>	Neither you nor your spouse is eligible to participate in an employer retirement plan	Full			
	You are not eligible to participate in an employer retirement plan, but your spouse is eligible	Phased out: \$236,000–\$246,000 (\$230,000–\$240,000 for 2024)			
	You are eligible to participate in an employer retirement plan	Phased out: \$126,000–\$146,000 (\$123,000–\$143,000 for 2024)			
High-deductible health plans (HDHPs)/Health Savings Accounts (HSAs)					
HSA contribution limits		Under age 55	Age 55 and over	Minimum deductibles	Out-of-pocket maximums
Individuals With Self-Only HDHP Coverage		\$4,300	\$5,300	\$1,650	\$8,300
Individuals With Family HDHP Coverage		\$8,550	\$9,550	\$3,300	\$16,600
Annual gift exclusion		Lifetime gift and estate exclusion		529 five-year forward averaging	
Each individual can gift \$19,000 in 2025 (\$18,000 for 2024) per recipient without gift tax.		Federal estate tax rate maximum is 40%. Gifts over the annual gift tax exclusion amount are counted against the \$13,990,000 <sup>8</sup> (\$13,610,000 for 2024) unified lifetime gift and estate tax exclusion amount. State estate tax rates and structures may vary.		Each individual can contribute up to \$95,000 (i.e., \$19,000 annual gift tax exclusion amount times five) per beneficiary and “average” it for gift tax exclusion over five years, making no additional gifts to that beneficiary during that time.	

<sup>1</sup>The limit for 401(k), 403(b), governmental 457(b), and thrift savings plan (TSP) plans includes pretax and designated Roth contributions. (Roth contributions are not permitted for nongovernmental 457(b) plans.) The limit for all 457(b) plans also includes employer contributions. The limit on total additions (including employer contributions) to defined contribution plans other than 457(b) plans is \$70,000 (\$69,000 for 2024).

<sup>2</sup>Individual plan limits may be lower. Plans may also allow non-Roth after-tax contributions above these amounts. Catch-up contributions for employees age 50 and over do not apply to nongovernmental 457(b) plans.

<sup>3</sup>There are no income limits for converting Traditional IRA assets to a Roth IRA.

<sup>4</sup>For married taxpayers filing separately: If you did not live with your spouse at any time during the tax year, see the “single” filing status. Otherwise, your eligibility is phased out between a modified adjusted gross income (MAGI) of \$0 and \$10,000.

<sup>5</sup>This amount refers to the taxpayer’s MAGI, which does not include amounts that were converted.

<sup>6</sup>Workers with high income levels are not precluded from contributing to a Traditional IRA—the limits only apply to determining whether that contribution is deductible.

<sup>7</sup>Consult IRS rules or a tax professional if your status is married filing separately or qualifying widow(er).

<sup>8</sup>Unused portions of predeceasing spouse’s exclusion amount may be used by surviving spouse.

(over, please)

## Income tax rates

Marginal tax rate <sup>9</sup> (aka tax bracket)	Taxable income <sup>10,11</sup>	
	Single	Married filing jointly and qualifying widow(er)s
10%	\$0–\$11,925	\$0–\$23,850
12%	\$11,926–\$48,475	\$23,851–\$96,950
22%	\$48,476–\$103,350	\$96,951–\$206,700
24%	\$103,351–\$197,300	\$206,701–\$394,600
32%	\$197,301–\$250,525	\$394,601–\$501,050
35%	\$250,526–\$626,350	\$501,051–\$751,600
37%	Over \$626,350	Over \$751,600

## Social Security

### Full retirement age (FRA)<sup>12</sup> by year born

#### If you were born in:

#### Then your FRA is:

1943 through 1954

Your 66th birthday

1955 through 1959

Between your 66th and 67th birthdays

1960 or later

Your 67th birthday

### Annual retirement benefit amounts<sup>13</sup>

Age-initiating benefits	Maximum
62 and one month (smallest benefit possible)	\$33,972
67 (FRA if born in 1960 or later)	\$48,516
70 (largest benefit possible)	\$61,296

### Retirement earnings test

Before the year you reach FRA	\$1 of benefits is withheld temporarily <sup>14</sup> for every \$2 earned above \$23,400
In the year you reach FRA but before the month you reach FRA	\$1 of benefits is withheld temporarily <sup>14</sup> for every \$3 earned above \$62,160
In the month you reach FRA and later	No limit

<sup>9</sup>Certain individuals may also be subject to a 3.8% net investment income tax and a 0.9% additional Medicare tax.

<sup>10</sup>Generally, adjusted gross income minus deductions. Standard deduction amounts are \$15,000 (single filers) and \$30,000 (joint filers).

<sup>11</sup>Long-term capital gains/qualified dividends rate: A 0% rate applies to taxpayers with taxable income not over \$48,350 (single filers) and \$96,700 (joint filers). A 15% rate applies to taxpayers with taxable income not over \$533,400 (single filers) and \$600,050 (joint filers). A 20% rate applies to taxpayers with taxable income above those levels. Gains on assets held for more than 1 year are realized by owner sale. Assets held for 1 year or less are short-term gains subject to ordinary income tax.

<sup>12</sup>Someone initiating retirement benefits at full retirement age receives 100% of the benefit called the primary insurance amount (PIA). A person born in 1963 initiating benefits in 2025 at age 62 and 1 month would receive roughly 70% of the PIA. Someone born in 1955 (with a full retirement age of 66 and 2 months) initiating benefits in 2025 at age 70 would receive 130.7% of the PIA (adjusted for inflation). Source: [ssa.gov/benefits/retirement/planner/1955-delay.html](https://ssa.gov/benefits/retirement/planner/1955-delay.html)

<sup>13</sup>Calculated based on [ssa.gov/oact/cola/examplemax.html](https://ssa.gov/oact/cola/examplemax.html), assuming retirement in January 2025. Note: The average annual benefit for all retired workers (not just those of certain ages or initiation dates) is \$23,092 (based on the SSA Oct. 2024 Monthly Statistical Snapshot).

<sup>14</sup>Benefits are recalculated at FRA—to account for amounts withheld—and increased thereafter.

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